

**FREE FOR SILVERSNEAKERS &  
RENEWACTIVE MEMBERS**

## **SENIOR STRETCH/CHAIR YOGA**

Move your body through seated and standing yoga poses with chair support designed to increase flexibility, balance and range of motion. Thursday classes include optional floor work for last 10 minutes of class. If choosing to partake in floor work please bring a mat or towel to use. Saturday classes have no floor work.

**WHEN:** Thursdays 8:30am-9:15am  
\*Includes optional floor work  
Saturdays:  
- 8:00am-8:45am  
- 9:00am – 9:45am

**WHERE:** Allouez Village Hall, 1900 Libal St

**AGE:** 50+

## **SENIOR CARDIO/STRENGTH CLASS**

This is a class for all fitness levels from beginner to experienced. A variety of exercises are used to help increase cardio endurance while also strengthening muscle. We will use fun music to get the heart going, weights to help with muscle conditioning, balance, and then ending with stretching. Come as you are and have fun!

**WHEN:** Tuesdays and Fridays

**WHERE:** Allouez Village Hall  
1900 Libal St.

**TIME:** 8:30am – 9:15am

**AGE:** 50+



**FEE:** **Free** for all SilverSneakers & RenewActive Members  
Allouez Residents: \$3.00 a class or 10 class punch card \$30.00  
Non-Residents: \$4.00 a class or 10 class punch card \$40.00  
Monthly Pass: \$30

**INSTRUCTOR:** Faye Nedobeck, 362-3909 or [fnedobeck@gmail.com](mailto:fnedobeck@gmail.com)

### **To Register for class:**

- Space is limited in each class so call or email to register.
  - Call Faye: 362-3909
  - Email: [fnedodeck@gmail.com](mailto:fnedodeck@gmail.com)

*For more information please contact the Village Office at:  
Phone: 920-448-2804 or E-Mail: [recreation@villageofallouez.com](mailto:recreation@villageofallouez.com)*